

visit us



THE SPA

AT RANCHO BERNARDO INN

.....  
*a FRESH organic* SPA EXPERIENCE  
.....

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*a FRESH organic* SPA EXPERIENCE  
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THE SPA

AT RANCHO BERNARDO INN





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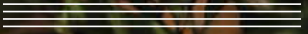
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HERE

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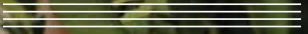
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o u r  
TREATMENTS  
READ LIKE A  
*gourmet*  
COOKBOOK



VANILLA

*blueberry*

STRAWBERRY

*lemon*

AVOCADO

*honey*

YOGURT

*agave*

OATS

*ginger*

OLIVE OIL

the spa at rancho bernardo inn

Fresh ingredients make for more than just a fine meal – they also nourish your body, skin and soul.

That's why we choose the freshest and most nourishing ingredients to use in our spa treatments. In fact, our spa menu might just make you a bit hungry as you read through...and with ingredients like avocado, strawberry, yogurt, and honey, we understand why. We use these carefully selected organic and natural ingredients to cleanse your body, leave your skin healthy and glowing, and make your mouth water. We hope you'll join us soon (and then again and again) to enjoy the flavors, scents and sounds of the season at The Spa.



**"MADE FRESH DAILY"**

Given our focus on seasonal ingredients, our "made fresh daily" limited-edition packages highlight what's best right now. Each handcrafted package includes a complementary beverage, and special "spa at home" body treat recipe from your spa therapist and our "food at home" recipe by our culinary expert, to continue the spa experience after you've left us.





the spa experience

rancho bernardo inn





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Our spa has all the comforts of a typical spa, including locker rooms for men and women, as well as a steam room and whirlpool.

#### **GARDEN & CASITAS**

Our tranquil Spa Garden is the perfect setting to relax and reconnect with nature. The garden water feature creates harmony of water, nature and relaxation. You may choose to receive a treatment in one of our private outdoor casitas, lounge in the sun-splashed garden or soak in the saline waterfall whirlpool to add natural tranquility to your spa experience.

We feature "Rooms for Two" both indoors and in the Spa Garden.

#### **SPA POOL & CABANAS**

The heated saline Spa Pool is perfect for an energizing swim and is reserved just for our spa guests. To make your day even more relaxing, reserve a private cabana for poolside lounging. And, as a guest of The Spa, the fitness center is also yours to enjoy. We offer a complete collection of cardio and strength-training equipment.

#### **SPA DINING**

Our delicious menu offers entrées, lighter fare and refreshing beverages to savor al fresco in the garden or by the pool on fair weather days. We recommend placing your lunch order any time prior to the day of your service. No outside food or beverages are to be brought in to the spa.

#### **PRIVATE PARTIES**

Our spacious and luxurious spa facilities are the perfect place to host a birthday celebration, bridal party, or retreat...any affair you want to make extra special!

#### **GIFT CARDS**

Give the gift you'd love to receive!

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Spa services are available to guests 18 years of age and older.

Proper swim attire is required.

Guests without spa appointments wishing to use The Spa will be charged a day use fee of \$40 for non-hotel guest or \$30 for hotel guest.

#### **ARRIVAL TIME**

We suggest you arrive at least 30 minutes before your scheduled treatment to check in, shower, change into your robe, and prepare for your treatments. If you arrive late, you will limit the actual time of the treatment. Your service will end at its originally scheduled time to prevent a delay for the next guest's treatment.

#### **JEWELRY & VALUABLES**

If possible, please leave such items at home or in your guestroom safe. Jewelry will interfere with the proper service technique and you will be asked to remove it.

#### **SPECIAL HEALTH CONSIDERATIONS**

Please contact our spa specialists prior to your visit.

#### **CANCELLATION POLICY**

Spa services are guaranteed with a credit card. We respectfully ask that you give The Spa a minimum of 24 hours notice if you must cancel an appointment. The full cost of service(s) scheduled will be charged for any late cancellation or no-show appointments.

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*y o u r*  
DAY  
*e n d s*  
HERE





our menu

your

FRESH

*organic*

SPA EXPERIENCE

A W A I T S

## *body treatments*

### **ORGANIC VANILLA & CHAI SPICE BODY WRAP & FOOT RENEWAL**

*50/80 minutes • \$135/\$185*

This treatment includes a luscious exfoliating polish made from cane sugar and organic virgin coconut oil scented with organic vanilla, ginger and black pepper. A rich mask of shea butter with extracts of goat milk and sweet vanilla is applied to the body. While cocoon wrapped, a luxurious foot massage with a chai spice and vanilla warming foot balm is performed. This treatment leaves skin beautifully refreshed and hydrated.

### **SKIN SOOTHING LAVENDER & BLUE CHAMOMILE SHEA BUTTER WRAP**

*50/80 minutes • \$135/\$185*

This simple, delicious body service is designed to soothe away stress with skin that you'll just have to show off. We begin with a full body exfoliation using pure cane sugar drenched in skin healing jojoba and lavender oils. We then wrap you in our lavender and blue chamomile whipped shea body butter. As your skin absorbs the healing botanicals, fall into a deep peace while your therapist holds relaxing points on the scalp.

### **WHITE ROSE, LEMON & AMBER SUGAR WRAP**

*50/80 minutes • \$135/\$185*

This treatment includes a gentle exfoliation using our signature white rose, lemon and amber blend sugar drenched in jojoba to cleanse the pores and remove dry skin. An application of warm white rose, lemon and amber oil blended with avocado nut oil to soften and protect the skin is applied, followed by a warm wrap to help the product penetrate the skin. During the wrap a stress relieving neck massage is performed.

### **BRIGHTER BODY SCRUB**

*50 minutes • \$165*

Illuminate your body from head-to-toe with this results orientated scrub, buff & peel treatment. This multi-active experience incorporates exfoliating bamboo, fruit enzymes and multi-fruit acids along with stimulating body-buffing techniques to refine and brighten the skin.

*80 minutes • \$210 (massage) / \$225 (facial)*

For more skin or body work, extend your 50 minute treatment to include an express 25 minute massage or skin brightening facial.

## *massage treatments*

### **ORGANIC SIGNATURE MASSAGE**

*50/80 minutes • \$135/\$190*

Classic Swedish massage using light to medium pressure intended to increase circulation as well as aid in relaxation.

### **HOLISTIC WELLNESS MASSAGE**

*50/80 minutes • \$150/\$205*

This customizable therapeutic massage targets muscle and tension relief, promotes relaxation and enhances your total body wellness.

### **ARNICA INTENSIVE MASSAGE**

*50/80 minutes • \$155/\$210*

This deep therapeutic massage uses a blend of arnica, green tea and white willow bark extract to ease chronic muscle tension and stimulate soft tissue repair. This massage uses classic combinations of sports stretches, compressions and deep tissue work to restore mobility, vitality and body comfort.

### **MOTHER TO BE MASSAGE**

*50/80 minutes • \$150/\$205*

The perfect treat for pregnancy includes a full body massage to help decrease swelling in arms and legs as well as relieving aches and pains. The 80-minute treatment includes a relaxing baby safe foot scrub and hydrating orange blossom foot wrap.

### **HEAD TO TOE MASSAGE**

*80 minutes • \$210*

Full body Swedish massage that incorporates the best of everything including a Moroccan oil scalp treatment, hand and foot reflexology, as well as a luxurious foot massage with our deeply nourishing foot balm.

### **BODY MELT & MASSAGE**

*80 minutes • \$210*

This treatment begins with a gentle loofah exfoliation followed by an application of warm oils infused with essential oils; a full body Swedish massage incorporating warm stones that melt the product into the skin, leaving you feeling renewed.



*skin  
treatments*

**STRAWBERRY RHUBARB HYDRATING FACIAL**

*50 minutes • \$135*

This facial is the perfect choice for those with sensitive skin or in need of hydration. A combination of strawberry, rhubarb, rice, chickpea and oats are used to exfoliate, improve texture, smooth the skin and shrink pores. A rich, creamy masque will follow, leaving the skin deeply hydrated and rejuvenated. Strawberry rhubarb hyaluronic serum is used to deeply hydrate and minimize appearance of fine lines and wrinkles. Your skin is left feeling smooth and silky.

**CUCUMBER YOGURT BALANCING FACIAL**

*50/80 minutes • \$150/\$205*

Clarify your skin with this balancing facial. Yogurt is used as a source of lactic acid to exfoliate the skin while the probiotics work to kill acne causing bacteria. A stimulating Hungarian mud treatment is then layered over an AHA peel to balance oil production and nourish problem skin. We then cool the skin with a soothing cucumber, yogurt probiotic masque. A willow bark booster serum is used to promote clear skin while red currant and time released tea tree cools the skin and reduces the signs of breakouts.

**BLUEBERRY ACAI FIRING FACIAL**

*50/80 minutes • \$155/\$210*

Wake up your skin with this anti-aging, firming and stimulating facial. Berries tighten and tone while paprika invigorates and revitalizes the skin. A nourishing blueberry soy masque will follow to calm and soothe while infusing the skin with antioxidants and phytonutrients. An acai berry booster serum is used to firm and reduce the appearance of wrinkle depth. You will be left with a firm, smooth, glowing complexion.

*skin  
treatments*

**ADVANCED REPAIR FACIAL**

*50/80 minutes • \$150/\$205*

This correcting facial is customized to address specific skin conditions. All skin types including sensitive skin, oily skin, and premature aging, can benefit from this personalized facial. Includes an exfoliating multi-acid peel on the face and hands, a deep cleansing facial massage using essential oils to promote circulation and a masque to balance and nourish the skin.

**SKIN BRIGHTENING FACIAL**

*50/80 minutes • \$155/\$210*

This skin specific treatment delivers brightening and clarity for immediate luminosity. Using a powerful blend of skin illuminating botanicals, a multi-acid peel, concentrated Vitamin C ampoule, and a unique cooling masque with luminous rice, skin appears lighter, brighter, and more refined. Reduces the appearance of sun damage, fine lines and wrinkles and evens skin tone.

**ADD ON TO ANY FACIAL**

|  |      |
|--|------|
| <b>BROW</b> .....                                  | \$25 |
| <b>LIP</b> .....                                   | \$15 |
| <b>CHIN</b> .....                                  | \$20 |
| <b>MULTI ACID A &amp; E PEPTIDE ENHANCER</b> ..... | \$20 |
| artic berry peel, citrus kale masque and serum     |      |
| <b>AGE CORRECTIVE ENHANCER</b> .....               | \$20 |
| monoi oils, bamboo firming fluid and masque        |      |

**WAXING SERVICES**

|                           |      |                                    |           |
|---------------------------|------|------------------------------------|-----------|
| <b>BASIC BIKINI</b> ..... | \$45 | <b>UNDERARM</b> .....              | \$45      |
| <b>BACK</b> .....         | \$75 | <b>HALF LEG/FULL LEG</b> .....     | \$50/\$75 |
| <b>ARM</b> .....          | \$50 | <b>HALF LEG &amp; BIKINI</b> ..... | \$85      |

*nail  
services*

**SIGNATURE SPA MANICURE**

*50 minutes • \$65*

Treatment includes a hydrating soak, gentle hand and arm exfoliation, pampering massage, cuticle work, shaping, buffing and polish application.

**ANTI-AGING MANICURE**

*50 minutes • \$70*

This powerful and luxurious anti-aging, anti-oxidant hand treatment is designed to brighten, firm, smooth and hydrate tired hands.

**SHELLAC MANICURE**

*50 minutes • \$70*

Provides a 14-day wear with mirror finish; dries instantly.

**NAIL LOUNGE**

**GROUP APPOINTMENTS**

Two manicure nail stations and two pedicure nail stations are available for group bookings.

**REFRESHMENTS**

Cocktails, wine, refreshers and food can be ordered from the Spa Kitchen and/or Room Service.

*nail  
services*

**SIGNATURE SPA PEDICURE**

*50 minutes • \$65*

Treatment includes a hydrating and relaxing soak, gentle leg and foot exfoliation, pampering massage, cuticle work, shaping, buffing and polish application.

**WHITE TEA TREE & GINGER PEDICURE**

*50 minutes • \$65*

This foot stimulating pedicure starts with a soak in tea tree and rosemary infused salts to begin to relax and refresh. This is followed by a fabulous foot scrub with volcanic pumice and magnesium salts drenched in ginger and refreshing white tea tree. With feet wrapped in warming compresses, the pampering concludes with foot and leg massage with a Shea butter balm that softens, hydrates and protects.

**ANTI-AGING PEDICURE**

*50 minutes • \$75*

Designed for men and women alike, this rejuvenating treatment is designed to smooth, hydrate and relax feet. Starting with a soak and followed by gentle exfoliation, it will re-energize fatigued feet. A foot mask, rich in vitamins, minerals and moisture-attracting elements, helps to protect and condition tired feet, while anti-inflammatory, anti-oxidant ingredients help to soothe and cool them. Complete with thorough massage and hydrating body butter.

**CITRUS STONE PEDICURE**

*75 minutes • \$85*

A creamy whole milk soak soothes and softens the skin before a crisp, refreshing exfoliation with a citrus grass scented sea salt scrub. Warm oil is drizzled on the skin as warm stones are massaged into the calves and feet. Service concludes with a rich citrus infused Shea butter cream application and massage.

**FRENCH POLISH UPGRADE**

*15 minutes • \$10*